



Economy - Red Curry Chicken

This Thai-style chicken casserole has an authentic spicy red curry and coconut cream sauce, served with fluffy rice, sweet raisins and carrots.



Ingredients

Ingredients: Chicken (20%), Water, Carrots, Pumpkin, Rice, Onion, Raisins, Tomato, Canola oil, Coconut cream, Maize starch, Tapioca starch, Soya extract, Lemon juice, Chicken booster (Natural vegetable flavours, Dextrose, Maltodextrin, Yeast extract, Vegetable protein extracts, Flavour enhancers (627, 631), Dehydrated onion, Vegetable oil (Cottonseed)), Salt, Paprika, Coriander powder, Chilli powder, Cumin, Ginger, Garlic, Turmeric powder, Curry leaf (0.5%), Vegetable gum (415), Black pepper, Lime leaves. THIS MEAL CONTAINS SOY PRODUCTS, COCONUT

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1329kj (319Cal)	369kJ (89Cal)
Protein:	20.8g	5.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.6g	2.7g
--Saturated:	2g	0.6g
Carbohydrates:	38.4g	10.7g
--Sugars:	11.4g	3.2g
Dietary Fibre:	4.3g	1.2g
Folate:	47.5ug (24% RDI)	13.2ug
Sodium:	165mg	46mg
Potassium:	679mg	189mg
Phosphorus:	213mg (21% RDI)	59mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.